



## CONTROLLING THE RISKS OF VIBRATION AT WORK

The Health and Safety Executive has designed web pages specifically aimed at offering advice on how you can reduce and control the risks for Hand-Arm and Whole-Body Vibration. These web pages also include advice on the Control of Vibration at Work Regulations 2005.

Hand-Arm Vibration (HAV) comes from the use of hand-held power tools and is the cause of significant ill health (painful and disabling disorders of the blood vessels, nerves, joints and muscles of the hands and arms).

Whole-Body Vibration (WBV) may occur where any commercial/ industrial/ construction vehicles are driven regularly for most of the day. Regular long-term exposure to WBV is associated with back pain alongside other factors such as poor posture and heavy lifting. However most people who drive road-going vehicles at work are not likely to experience high levels of whole-body vibration and so their employers are unlikely to have to take any action under the Control of Vibration at Work Regulations 2005.

Further information on controlling the risks of vibration is available from the HSE web site:  
[www.hse.gov.uk/vibration/index.htm](http://www.hse.gov.uk/vibration/index.htm)

Guidance on HAV and the Control of Vibration at Work Regulations 2005 is available from the following web link:  
[www.hse.gov.uk/vibration/hav/publications.htm](http://www.hse.gov.uk/vibration/hav/publications.htm)

Guidance on WBV and the Control of Vibration at Work Regulations 2005 is available from the following web link: [www.hse.gov.uk/vibration/wbv/publications.htm](http://www.hse.gov.uk/vibration/wbv/publications.htm)

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